

Celebrating St. Patrick's Day

The Story of St. Patrick

St. Patrick's Day is celebrated each year because of a man named Maewyn Succat. He was born many, many years ago in Britain. When he was 16, Maewyn was kidnapped and sold into slavery in Ireland. Six years later he escaped.

Maewyn became a priest and changed his name to Patrick. Patrick traveled around Ireland setting up schools and churches. He wanted others to believe in his religion. Patrick continued this work for 30 years.

Patrick died on March 17. Because of this, March 17 has been called St. Patrick's Day.

Many stories have been passed down about St. Patrick and his work. One says that Patrick used shamrocks as tools to teach his beliefs. Today shamrocks have become a symbol of this holiday.

In Ireland families celebrate by attending church and enjoying traditional meals and music.

The Celebration of St. Patrick's Day

In the United States many cities hold parades on St. Patrick's Day. The first St. Patrick's Day parade took place in New York City in 1762.



One American tradition is to wear something that is green. You cannot be pinched if you are wearing green. This tradition was started by school children many years ago. Green is the color of spring and shamrocks.

A St. Patrick's Day Tradition

Many people eat corned beef and cabbage on St. Patrick's Day. It is not, however, a traditional Irish meal. It is what Americans think the Irish eat. In Ireland, they prefer ham or bacon with cabbage. Still, it has become a popular tradition in the United States on St. Patrick's Day.

Ingredients:

- 4 pounds of corned beef brisket
- 3 large carrots cut into large chunks
- 6 to 8 small onions, chopped
- 1 teaspoon powdered English mustard
- 1 large sprig of fresh thyme and parsley stalks tied together
- 1 cabbage

First, put the corned beef into a large pot with the carrots, onions, mustard powder, thyme, and parsley. Cover with cold water. Bring the water to a boil and then lower the heat and simmer for 1 hour. Skim the fat from the top as it rises. Cut the cabbage into quarters. Add the cabbage to the pot and cook for 1 or 2 hours until the corned beef and vegetables are tender.

Remove the meat from the pan and cut it into slices. Serve the corned beef and vegetables with boiled potatoes.

